



## Even Happier: A Gratitude Journal for Daily Joy and Lasting Fulfillment

*Tal Ben-Shahar*

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**Learn to be Happier. Week by Week.**

In this week-by-week guided journal, Tal Ben-Shahar offers a full year's worth of exercises to inspire happiness every day. Using the groundbreaking principles of positive psychology that he taught in his wildly popular course at Harvard University and that inspired his worldwide bestseller *Happier*, Ben-Shahar has designed a series of tools and techniques to enable us all to find more pleasure and meaning in our lives.

**52 weeks of new exercises, meditations, and "time-ins"**

A journal to record your thoughts, feelings, and personal growth

Life-changing insights of philosophers, psychologists, artists, writers, scientists, and successful entrepreneurs

This is no ordinary self-help book that you read and toss aside. It's a complete, user-driven journal filled with proactive challenges, thoughtprovoking questions, and "time-ins" that allow you to pause and reflect. You can engage in these activities every day to stimulate your creativity, enhance your sense of empowerment, enrich the quality of your life, and, yes, feel Even Happier.

## **Even Happier: A Gratitude Journal for Daily Joy and Lasting Fulfillment Details**

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## **From Reader Review Even Happier: A Gratitude Journal for Daily Joy and Lasting Fulfillment for online ebook**

### **Raceoffer says**

Some interesting thoughts about happiness and how to improve your life. The form of journal is not very good, and about 50 weeks is too much for our internet age.

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### **Leader Summaries says**

Desde Leader Summaries recomendamos la lectura del libro Practicar la felicidad, de Tal Ben-Shahar. Las personas interesadas en las siguientes temáticas lo encontrarán práctico y útil: habilidades directivas, crecimiento personal y psicología positiva. En el siguiente enlace tienes el resumen del libro Practicar la felicidad, Reflexiones prácticas para conseguir una vida gratificante: Practicar la felicidad

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### **Ana María says**

Haciendo un ejercicio cada semana, de no más de 10 minutos cada vez, la diferencia en la sensación de gratitud y bienestar es significativa.

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### **Katie says**

This is wonderful... I started doing this on my own, and was discussing with my hubby. We have "weekly check-ins" where we go over family items, discuss where things are at with the kids, how things feel in our home, how we are feeling personally and as a couple, and what we currently need from one another. This has been amazing for our relationship! We decided to make this gratitude journal part of our check-ins.

A few things I have loved:

"What you focus on expands, and when you focus on the goodness in your life, you create more of it." Tal-Shahar suggests thinking of five things each day you are truly grateful for, and watch how the goodness in your life will expand because you will be focusing on goodness and gratitude.

He talks about how most attempts at change FAIL, because of a focus on self discipline and will-power. He asks readers to define very simple daily rituals that will ultimately lead to an important goal, and then, one at a time, incorporate each ritual until it is as much a habit as brushing your teeth. He says "if we hold our personal happiness as a value and want to become happier, then we need to form rituals around that too..." or habits and behaviors that support those values.

He highly encourages exercise as a ritual, and I found it interesting that people diagnosed with major depressive disorder who exercised thirty minutes three times a week did as well as patients taking antidepressants. Those on meds were FOUR times more likely to relapse than those who exercised. He did not say they were by any means the same, or that nobody needs medication, but said "not exercising is like taking a DEPRESSANT." Wow.

He talks of the importance of leisure or PLAY, the need to create meaning in our lives. So far, I am finding so much of this book laced with messages on letting go of perfectionism, finding the lessons in everything, cultivating authenticity and practicing it daily, forgiving ourselves for imperfections and "failures, and finding meaning and joy in the journey of life as we learn to live whole- heartedly and with gratitude.

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### **Martin Goldberg says**

Tal Ben Shahar is simply outstanding. Very readable. Not fluff.

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### **Brett Blair says**

A fantastic, easy-to-read and apply overview of positive psychology applications, each supported by research, to increase pleasure and meaning in our lives. I highly recommend this book!

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### **Gopal Krishan says**

How to make ur life happy,happier,guide lines by writer.

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